

MODULE CODE: ECHC5001
TITLE: Contemporary Mental Health
DATED: 17/05/2017

LEVEL: 5
CREDITS: 20

JACS CODE: B940

AIM(S)

- To equip the student with a clear understanding of current approaches within contemporary mental health
- To raise awareness of the impact of psychopharmacological interventions within the therapeutic relationship.
- To develop a sound understanding of the signs and symptoms associated with mental distress.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to demonstrate the ability to:

- Implement an appropriate strategy for assessing potential clients using appropriate consultation with inter-professional and multi-agency where necessary, which may include risk assessment.
- Critically evaluate psychopharmacological interventions commonly used in the treatment of mental health and be sensitive to the impact that prescribed medication may have on the therapeutic relationship and process of counselling/psychotherapy.
- Critically discuss signs and symptoms associated with mental distress and regularly update knowledge about mental health and well-being, including severe forms of psychological distress and respond appropriately.

INDICATIVE CONTENT

- Explore the various perspectives of abnormality and models in understanding mental health/mental distress.
- Identifying current inter-professional and multiagency approaches to mental health such as: NHS, Primary Care, MIND, Mental Health Foundation, HAFAL and other local and global agencies that support individuals with mental distress.
- Addressing current government initiatives within mental health and well-being; *Together for Mental Health*, Mental Health Measures (2010), Future Generations Act (Wales 2015), NICE Guidelines, IAPT/CYPIAPT, and Improving Access to Psychological Therapies in Wales.
- Awareness and understanding of current legislation and updates: Mental Health Act, and Mental Capacity Act.
- Developing an understanding of assessment and diagnostic strategies associated within the mental health context. DSM (Diagnostic Statistical Manual) ICD

(International Classification of Disease), CORE, Risk Assessment strategies and others.

- Exploring Humanistic Counselling case formulation and risk assessment

LEARNING AND TEACHING STRATEGY

A range of teaching and learning strategies, appropriate to the aims and learning outcomes of the module will be used to enable learners to develop the full range of skills and knowledge achieved in this module. Lectures will introduce the learner to the concepts, principles and practices under consideration. Learners will also work collaboratively in small groups, participate in workshops, role play, practical tasks, experiential, and reflective activities. Group work will add depth to subject areas and examples will be used to illustrate and support the application, discussion, and evaluation of the topics. Practical examples and case studies will be used to support module learning

The allocation of teaching to deliver the module is:

Activity type	Hours	Percentage
Scheduled learning	40	20%
Independent learning	160	80%
Placement learning		
TOTAL	200	100%

ASSESSMENT

Assessment Component 1: 50%

Oral Presentation (20 minutes)

Exemplar:

Critically analyse a case scenario relevant to the current discourse on mental health.

Assessment Component 2: 50%

Coursework assignment: Essay (2500 words)

Exemplar:

Critically discuss ways in which government policies/strategies and recommendations such as those in the National Institute for Health and Clinical Excellence (N.I.C.E.) guidelines may impact on mental health service provision and client well-being (this may also refer to the WG mental health initiative).

Assessment Summary

Activity type	Percentage
Written exam	
Coursework	50%
Practical	50%
TOTAL	100%

EDUCATION FOR SUSTAINABLE DEVELOPMENT (ESD)

Does the module contribute to ESD?	Yes
If yes please provide brief details (no more than 100 words): Sustainable Literacy Skills	
- Students are encouraged to consider and engage with conversations relevant to sustainability. The module will engage students in the dialogues and tensions between the individual understanding of psychological, socio-political and constructivist theories to stimulate future thinking regarding mental health - Students are encouraged to think critically and creatively within the field of mental health and social care and explore new approaches to practice. - Students are able to appreciate the importance of environmental, social and political contexts to their studies.	

Module Code	EHC5001	
Module Title	Contemporary Mental Health	
Classification	Reading List entry	Electronic*
Essential	Claringbull, N., (2011). Mental health in Counselling and Psychotherapy (Counselling and Psychotherapy practice series). Exeter, UK: Learning Matters	☒
Essential	Lees, J., ed. (2016) The Future of Psychological Therapies. London: Routledge	☐
Essential	Paris, J., (2013). <i>The Intelligent Clinician's Guide to the DSM-5</i> . Oxford: Oxford University Press	☐
Essential	Fernando, S., (2010). <i>Mental Health Race and Culture</i> . Basingstoke: Palgrave Macmillian	☐
Essential	Fundamental Facts about Mental Health - Mental Health Foundation - Free Download https://www.mentalhealth.org.uk/sites/default/files/fundamental-facts-about-mental-health-2016.pdf	☒
Essential	Together for Mental Health Delivery Plan 2016 -2019 (Mental Health Strategy Wales) http://gov.wales/topics/health/nhswales/plans/mental-health/?lang=en	☒
Further	Brown, R., Martin. D. and Barber, P., (2009) <i>Mental Capacity Act 2005: A guide for practice</i> . Exeter: Learning Matters.	☐
Further	Newbiggings, K., (2015) <i>Independent Health Advocacy: The right to be heard</i> . London: Jessica Kingsley Publications	☐
Further	World Health Organization - Mental Health http://www.who.int/mental_health/en/	☒
Further	Mind http://www.mind.org.uk/	☒
Further	BACP Counselling and Psychotherapy Research Journal	☐
Further	Therapy Today	☐

Further	Person-Centred & Experiential Therapies	☐
Further	Journal of Humanistic Psychology	☐
Further	British Journal of Guidance and Psychotherapy	☐
Further	Evidence Based Mental Health	☐
Further	Journal of Mental Health Counseling	☐
Further	Healthcare Counselling & Psychotherapy Journal	☐
Further	Databses e.g. ProQuest, Science Direct, JStore	☒